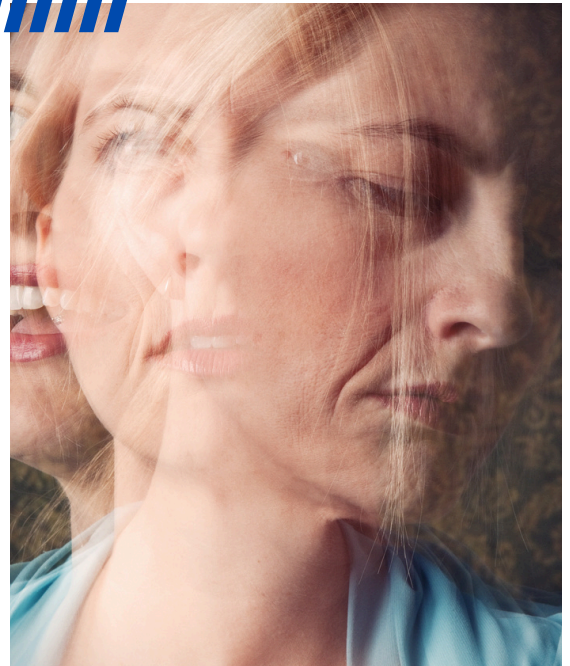




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Emotional Workshop: Exploring Passion and Motivation

Objective:

- Understand how emotions influence decision-making and goal-setting.
- Explore the relationship between passion and motivation.
- Develop strategies to harness emotions for personal growth and achieving goals.

Key Components:

- Understanding Emotions.
- Interactive Discussion.
- Group Insights Sharing.
- Reflective Practice.

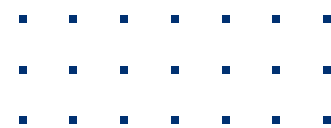
Duration:

45 minutes



Workshop:

Exploring Passion and Motivation



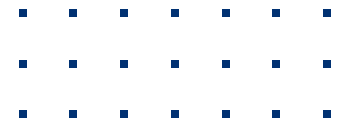
Workshop Overview

Welcome to the Emotional Education Workshop! Over the next 45 minutes, we will explore how emotions like passion and motivation influence your actions and help you achieve your goals. This session is designed to help you better understand your emotions, make better decisions, and set clear objectives for your personal and academic life.

- **Introduction (5 minutes).** We will give an overview of the various steps of the workshop and the tools to be used
- **Mood Survey (5 minutes).** We'll start with a short reflection on how you're feeling today using the Mood Survey.
- **Group Discussion, Sharing and Recap : (20 minutes).** In small groups, we'll discuss the connection between passion and motivation. You'll share a personal experience where passion motivated you to achieve something. Each group will share their key takeaways from the discussion using Mentimeter to highlight the main insights.
- **Review of the Mood Survey (5 minutes).** We'll revisit the Mood Survey and reflect on how your emotional state may have changed during the workshop.
- **Conclusion (5 minutes).** We will reflect on how passion and motivation shape our actions. How to use these emotional insights to guide your future decisions and achieve personal and academic growth.

Workshop:

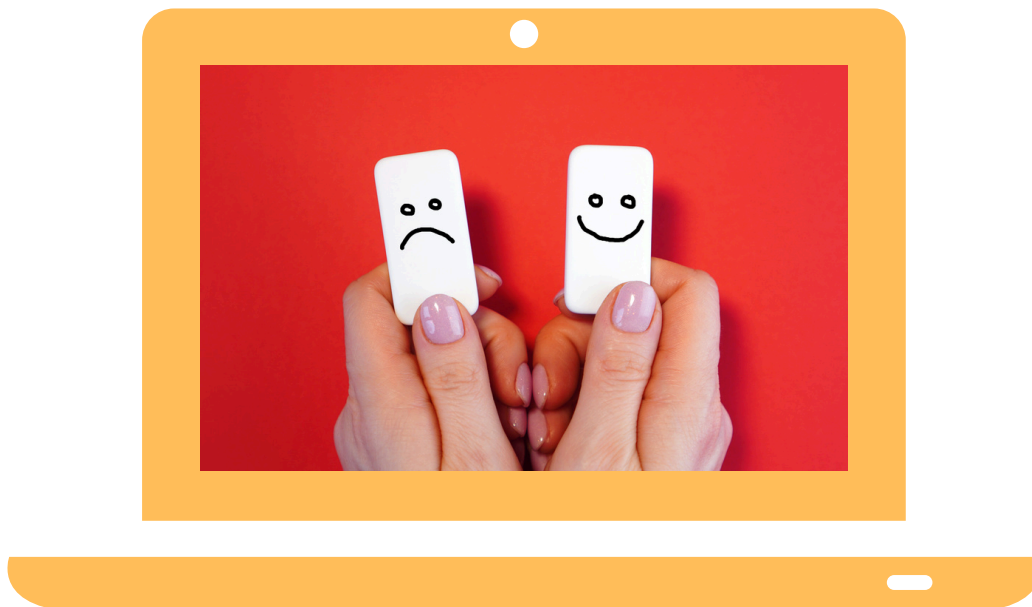
Exploring Passion and Motivation



Mood Check-ins

Before starting the group work, we're using the Mood Check-Ins to understand our emotions better. It helps us recognize and understand our feelings, which is crucial for emotional intelligence. By reflecting on your mood before and after the workshop, you'll see how your emotions can change and learn to manage them effectively.

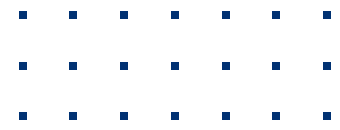
Let's begin by reflecting on our current mood and see how it evolves throughout the lesson. Please go to Mood first take a couple of minutes to reflect on how you feel and with a few emoji express your mood at the moment



Mood Check-Ins

Workshop:

Exploring Passion and Motivation



Group Discussion

In small groups, we'll delve into how passion and motivation interrelate by discussing various topics and sharing personal experiences. Here's what we'll focus on:

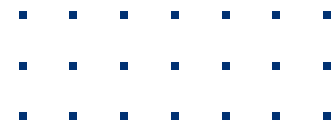
- **Passion vs. Motivation Exploration:** Examine the differences and connections between passion and motivation. Summarize how these elements influence actions and goals, using real-life examples. Consider whether one can exist independently of the other.
- **Personal Experience Sharing:** Reflect on moments when passion played a crucial role in achieving a goal. Share experiences where enthusiasm significantly contributed to your success.
- **Role of Emotions in Goal Achievement:** Analyze how different emotions—such as excitement, frustration, or doubt—affect your pursuit of goals. Discuss strategies for leveraging positive emotions and managing negative ones to enhance motivation and goal achievement.

Groups can choose to focus on a single topic or explore different points based on their interests. Summarize your key insights and be prepared to share them with the larger group.



Workshop:

Exploring Passion and Motivation



Group Sharing and Recap



Use Mentimeter or a board to recap the main themes and insights from each group's discussion. Each group will present the most important points that came out of their discussion. You have the option to create a digital vision board using tools like Mentimeter or to use a physical vision board with magazine clippings, drawings, or other materials.

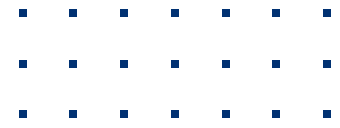
Here's how we will proceed:

- Summarize the Discussion: Each group should summarize the main themes and key insights that emerged from their discussions.
- Choose Presentation Method: Decide whether to use Mentimeter for a digital vision board or create a physical vision board.
- Digital Vision Board: Use **Mentimeter** to present this information clearly and concisely. Include keywords, important phrases, and main ideas.
- Physical **Vision Board**: Use magazine clippings, drawings, or other materials to visually represent the main themes and key insights.
- Keep it short: Try to keep it short and to the point.

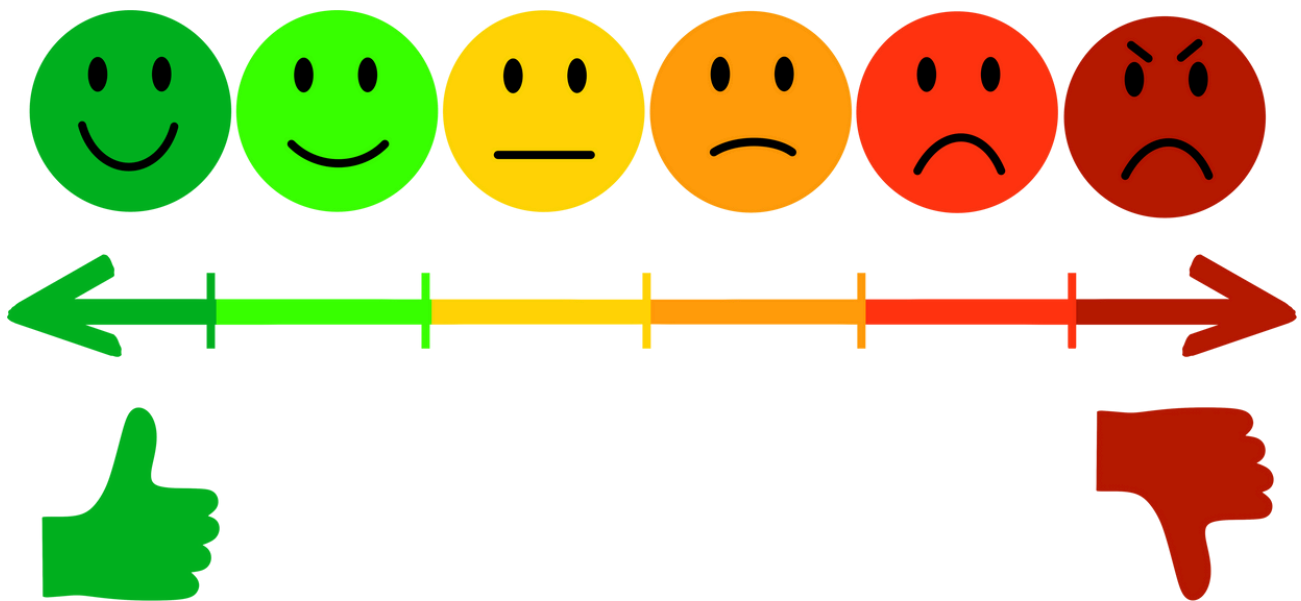
www.mentimeter.com

Workshop:

Exploring Passion and Motivation



Review of the Mood Survey



After the presentations, we will review the results of the **Mood First** together.

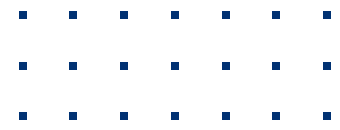
Analyze how your perceptions and feelings have changed throughout the activities and reflect on what might have influenced these changes.

This exercise will help us better understand the themes discussed and reflect on our emotional state and how our perceptions can evolve through discussion and reflection.

Mood Check-Ins

Workshop:

Exploring Passion and Motivation



Conclusion

As we wrap up, let's briefly review what we covered today. We explored how passion and motivation drive our actions, discussed how emotions can influence goal achievement, and shared personal experiences that helped us understand these concepts better.

Now, I'd like you to take a moment to think about how you can apply what you've learned in your daily life. For example:

How can you use your passion to stay motivated, even when things get tough?

How can you manage emotions like frustration or doubt so they don't get in the way of your goals?

By reflecting on these questions, you'll be able to make better emotional decisions and stay on track toward achieving what matters to you.

Thank you all for your active participation today! Your contributions and insights made the workshop more meaningful and engaging. I hope the ideas we discussed will help you better understand how passion, motivation, and emotions can influence your journey toward achieving your goals. Keep reflecting on these topics and applying them in your daily life.

Workshop:

Exploring Passion and Motivation



Instructions for Teachers

Objective: The workshop aims to deepen participants' emotional awareness and understanding through structured discussions, reflections, and interactive activities.

Duration: 45 minutes

Materials Needed:

Paper and pens for participants

Devices (laptops, tablets, smartphones)

Magazines, scissors, glue and markers

Workshop step by step

Step 1. Introduction (5 minutes)

Welcome participants warmly and introduce yourself.

Start by explaining the basic definitions of passion and motivation:

Passion: A strong feeling of enthusiasm or excitement for something.

Motivation: The reasons one has for acting or behaving in a particular way.

Ask students to reflect for a moment:

"Can you think of a time when you felt passionate about something?
How did it affect what you did?"



Workshop:

Exploring Passion and Motivation

Explain how passion and motivation often work together to influence our actions and goals. For example, when we are passionate about a hobby or subject, that passion can drive us to stay focused and motivated, even through challenges.

Step 2. Mood Survey (5 minutes)

Provide participants with the link to the online mood survey prepared by you with Mentimeter or use Mood first and ask students to share how they feel.

Guide them through the process of accessing and expressing their current emotional state.

Step 3. Group Division (5 minutes)

Divide participants into small groups or pairs:

Ensure each group has a designated space and materials for note-taking and create a visual board or presentation.

4. Group Reflection Activities: (20 minutes)

Instruct each group to discuss their assigned theme deeply.

Encourage participants to share personal experiences and insights related to the emotional themes.

Monitor discussions to ensure they stay focused and respectful of diverse viewpoints.

Facilitate a discussion on the concept of failure as a learning experience. Use real-life examples to illustrate the impact of actions and emotions on personal and professional life.

Ask each group to create a short presentation with Mentimeter or a physical visual board about an experience where passion drove them to achieve a goal. They can include images, personal anecdotes, or key lessons they learned.



Workshop:

Exploring Passion and Motivation

Step 6. Review of the Mood Survey (5 minutes)

Revised responses from the mood survey done at the beginning. Comparing pre- and post-reflection responses allows participants to observe how their emotions may change during the course of the lesson. This monitoring is essential for developing the ability to manage one's emotions effectively.

Step 7. Conclusion (5 minutes)

Summarize the main points covered during the workshop. Invite participants to reflect on how they can integrate emotional insights into their daily lives.

Tips for teachers:

- Create a Safe Space for Vulnerability: Remind students that sharing personal experiences, especially around emotions and motivation, requires trust.
- Encourage Real-World Connections: Help students connect the discussion topics to real-world situations, such as school projects, career goals, or personal challenges. This makes the abstract concepts of passion, motivation, and emotion more tangible and relevant.
- Promote Self-Awareness: Encourage students to not only share experiences but to also reflect on patterns in their behavior. Ask questions like, "Do you notice a recurring emotion that either drives or hinders your motivation?" This will help them build greater emotional awareness and self-understanding.



Workshop: Exploring Passion and Motivation

Follow-Up Activity at Home:

Self-Reflection Journaling: Encourage participants to keep a journal for the next week, reflecting daily on their emotional responses to situations they encounter. They can write about how they applied workshop learnings in real-life scenarios.

Peer Discussion: Pair participants (if possible) to discuss their reflections on the writing activity. They can share insights, challenges faced and strategies used to manage emotions effectively.

Online Resource Exploration: Ask them to look for links to articles, videos or books related to emotional intelligence and encourage participants to explore further reading on the topics discussed in the workshop.

Assessment:

Self-Reflection: Ask participants to write a brief reflection (1-2 paragraphs) on what they've learned about themselves and their emotional intelligence during the workshop.

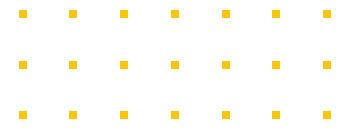
Group Feedback: Collect feedback from each group leader regarding the depth of discussion, engagement of participants, and any challenges faced.

Survey Analysis: Review the results of the mood survey to gauge the workshop's impact on participants' emotional states.

Final Notes:

Encourage ongoing reflection and application of emotional awareness in both personal and professional contexts.

TOOLS



MENTIMETER



Mentimeter is used in this workshop to gather real-time feedback and reflections from participants through interactive mood surveys, group recaps, and live polls. It enables visual representation of key insights, making discussions more engaging and collaborative. Participants can anonymously contribute, fostering openness and participation.

www.mentimeter.com

Mood Check-Ins



The Mood Check-Ins is used at the beginning and end of the workshop to know participants' emotional states and track any changes. It helps participants reflect on their moods and emotional shifts throughout the session. This fosters emotional awareness and supports personal reflection on emotional management.

[Mood first](#)



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